



THE FORTRESS

THE OFFICAL NEWSLETTER OF THE BARONY OF CAERTHE

**UNTO THE STEADFAST AND NOBLE POPULACE OF THE GREAT BARONY OF CAERTHE
DO DUBHGHALL AND ANSTEYS, BARON AND BARONESS, SEND GREETINGS!**

Beloved Barony,

The feasting season is in full swing - and soon, Twelfth Night will be here! We look forward to spending the day with you in the Town Marketplace! The tasting for the lunch (which will be served from market stalls) was amazing. In addition to Court, there will be activities of all sorts, so look out for announcements, prepare your favorite bardic piece, and plan on spending the day in joy! As always, volunteers are still needed.

Please, please consider writing an award recommendation for someone worthy. One of the best parts of being a Seated Noble is reading those recommendations: Yes, it's wonderful to be able to recognize people; it's also wonderful to read the words of someone who has been inspired by the works of others. It means so much when someone is willing to take the time to write. I know that Their Royal Highnesses are in need of recommendations, too - It needn't be a huge deal, either: For Kingdom, there's an online form that goes into a privy database. For us, a quick email works just as well as a fancy handwritten note.

We must again ask for help with conducting the Barony's business: We still need to fill a few Officer positions. We also are in desperate need of Deputies for our Offices. Deputy positions are a wonderful training-ground for finding out how the SCA really works: All of the positions have experienced mentors available to train both for the job itself and for navigating the 'whys' behind it all!

If you are curious about the Offices, helping to run an event, serving on retinue - or anything in the Barony, really - you are welcome to attend our Baronial Business Meetings. No, really: Anyone can come (right now, they are still being held via Zoom)...

Be well, Friends, and enjoy this season!

Dubhghall and Ansteys

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BARONIAL OFFICERS

** Officers with an asterisk by their name are looking for a replacement.

Arts & Sciences Minister:
Lady Arndis Knytír
art-sci@caerthe-sca.org

Aspen Pursuivant (Herald):
Master Jethro Stile**
herald@caerthe-sca.org

Captain of Archers:
THL Angus Montgomery the Forester
archery@caerthe-sca.org

Chatelaine (Gold Key):
THLady Lisette de Troyes
Kynnithchatelaine@caerthe-sca.org

Chronicler: (Deputy Needed)
Mistress Ymanie the Midwife
chronicler@caerthe-sca.org

Equestrian Marshal:
Lady Marisse do Bourgogne
equestrian@caerthe-sca.org

Exchequer: (Deputy Needed)
Lady Lianor de Costa
exchequer@caerthe-sca.org

Baronial Marshal:
Lady Astridr Ylgr
marshal@caerthe-sca.org

Minister of Lists
Lady Arndis Knytír
lists@caerthe-sca.org

Quartermaster:
Graf Iohann see Vuhs
quartermaster@caerthe-sca.org

Rapier Marshal:
Don Jehan Mohr
rapier@caerthe-sca.org

Scribe:
Lord Sigeric Bildr
scribe@caerthe-sca.org

Seneschal:
Lady Roana Campbell
seneschal@caerthe-sca.org

Social Media Officer:
Maitress Isabelle de Calais
socialmedia@caerthe-sca.org

Webwright:
Noble Anne of Ostgardr
web@caerthe-sca.org

Youth Minister:
VACANT**
youth@caerthe-sca.org

Baron and Baroness of Caerthe, Dubghall and Ansteys: excellencies@caerthe-sca.org

Help Wanted!

The following officer positions are open or looking for replacements:

Aspen Pursuivant (Herald): herald@caerthe-sca.org
Youth Minister: youth@caerthe-sca.org
Deputy Exchequer: exchequer@caerthe-sca.org
Deputy Chronicler: chronicler@caerthe-sca.org

If interested, please send a letter of intent to seneschal@caerthe-sca.org and excellencies@caerthe-sca.org, and copy the appropriate officer email address above. Thank you for your service!

Champions

Premier Blade: Dona Ibarra

Warlord: Herr Sixtus Goetz

Rapier of Chivalry: Dona Dacia

Cut and Thrust Champion: Finnvid

Archery Champion: THL Thalia

Crossbow Warder:



Retinue

Head Retainer: Lady Bryngerdr
Didriksdottir

Captain of the Guard: Don Tahir al-Razi

Aide de Camp (Secretary): Baroness
Morgan Cheyney

Guards

Noble Anne of Ostgardr
Aife (of Ostgardr)
Tailspinner
Bjersi
Minu
Antony

Attendants

Mistress Diana Doria
Lady Maire Dooley
Aliena

Retainers

Lady Therasia Thoma

Helpful Friends

Mistress Mary Blakthorn
Mistress Ksenia Mikhailovna Morskaya

BARONIAL PROGRESS:	MEETINGS CALENDAR:
Caerthan 12th Night, Jan 7, 2023, Caerthe Coronation, Jan 14-15, 2023 Newsletter Content Wanted! Now that the SCA is becoming more active once again, I am looking for content to build a robust, informative and entertaining newsletter for our Barony! You can help me out by sending me your photos, stories, recipes, art, instructional materials, etc., to: chronicler@caerthe-sca.org Thanks for sharing your talent and knowledge with our populace! Mistress Ymanie the Midwife, Chronicler	All Kingdom Events may be found here! https://www.outlands.org/events Business Meetings: CURRENTLY ONLINE VIA ZOOM 6:30pm – 8:30pm: 1st Monday of each Month Please check Facebook for updates on in person meetings. https://www.facebook.com/caerthe.sca/ Fighter Practice: <u>Please see Facebook group for current schedule and announcements</u> https://www.facebook.com/caerthe.sca/ Archery Practice: 9:00am-12:00pm: Sunday Scout Park, 132 E 112th Pl, Northglenn Indoor site: Empty Quiver Archery, 7180 W. 117th Ave., Unit C, Broomfield <u>Please see Facebook group for current schedule and announcements</u> https://www.facebook.com/caerthe.sca/ Hosted Gatherings: CANCELLED OR VIRTUAL UNTIL FURTHER NOTICE Guilds & Populace Social links: Apothecary Guild https://tinyurl.com/caerthe-apothecary Caerthe Cavalry https://www.facebook.com/groups/CaertheCavalry Children's Guild https://tinyurl.com/caerthe-children-guild Cooks Guild https://tinyurl.com/caerthe-cooks-guild Jeweler's Guild https://www.facebook.com/groups/JewelersGuildofCaerthe Outlands Archery and Thrown Weapons https://tinyurl.com/outlands-archery Scribe's Guild https://tinyurl.com/caerthe-scribes-guild Scola Metallorum https://www.facebook.com/ScolaMetallorum/



EVENT ANNOUNCEMENTS

Caerthan 12th Night 2023

January 7th, 2023

Schedule:

9:00am Site Opens

10:00am Morning Court

prize bardic and Queens Prize/Kings Choice will begin immediately after

Noon- lunch begins

2:00pm- Court Dancing, taught by THL Soren

3:00pm- Lunch closes

5:00pm- Evening Court

After evening court, additional dancing, games, and bardic will be had.

10:00pm Site Closes

Location: Waymire Dome Adams County Fairgrounds, 4430 South Adams County Parkway, Brighton CO 80601

*****Site is Dry*****

Merchants: There will be merchants at 12th Night! No merchant fee is in place for this event.

If you are interested in vending, please contact Lady Anneka Mikaelisdottir at bananalq79@gmail.com

Activities: Hunkerhausen, chess, Hneftafl, and yule crown making will be available throughout the day.

Feast: Feast will be served at lunchtime and is included in the site fee.

War Practice: will be held during Unser Hafen practice, 2-5pm at the Glen Morris Field House in Fort Collins

Prize Bardic: The champion will be chosen by popular vote. Please prepare one piece on the theme of winter. All forms of performance song, dance, story, puppetry, and boast are welcome. Please keep all performances to 10 minutes or less.

Queen's Prize/King's Choice:

The theme for this competition is Winter Stag, or any combination of that.

Their Royal Majesties Jaxx and Anna are trying something new this time for the Queen's Prize, ADDING King's Choice!!!

Per Her Majesty's requests:

Queen's Prize/ King's Choice is open to anyone of all ages. If you have ever won a queen's prize, Her Majesty simply asks that you not enter with the same medium you won in previously.
The item you choose to enter must be completed within the last year.

Sponsors; A Lady of the Rose, a Laurel, or a Flower are encouraged for support in advising and helping the entrant.

Sponsors DO NOT NEED TO BE present with the entrants during the contest. Sponsors do NOT need to purchase a "gift" for the person they sponsor (unless they wish to).

A Sponsor may have more than one entrant for the competition. If you do sponsor more than one person, please let me know so that a list can be made so that the "with entrant" is covered.

No new documentation or format is needed to enter!

Minimum documentation is needed, your name, what you made, why you made it and how you made it, your contact information and that of your sponsor as well. [EZ-DOC: The Form That Writes Documentation For You \(larsdatter.com\)](#)

Deadline to enter is December 23rd 2022 MIDNIGHT

I can be reached at: elizabethbakere@gmail.com to send your information for registration for Queen's Prize/King's Choice.

Questions are also welcomed.

I will need your mundane name, SCA name, what you are making, and a way to contact you (a telephone number is good as well). I also will need how much space you think you shall need for your item. A whole table. Half ½ etc. If you have a folding table and a chair, please do bring those. If you have a very large item such as a tent... let me know that as well.

The information you send to me will be your entry into the Queen's Prize/King's choice only. You will still need to do registration for the actual event itself.

Contact Information:

Autocrat- Lady Bryngeror Deotrichsdottir bryngerorodeotrichsdottir@gmail.com

Merchant Coordinator- Lady Anika bananalq79@gmail.com

Queen Prize/ Kings Choice- THL Elizabeth Bakere elizabethbakere@gmail.com



Lionor's Kitchen

Toward Better Inclusion in Feasts

Imagine what it's like to go to a feast, only to discover that you can't eat the food and will have to watch everyone eat. That's how people with special dietary needs feel when the feast at an event doesn't accommodate their allergies, sensitivities, health issues, or beliefs. Feasting represents our common human experience, so it should be meant to include, not to exclude. I think that we can do better to create feasts that include all.

Folks in the middle ages had dietary restrictions too, so recipes are available that can work around any need. For Lent, in many places in Europe, no animal products were allowed. Many medieval cookbooks give substitutions for Lenten cooking, so we do have vegan recipes we can serve. Feasts often contain a dozen dishes; surely we can make at least one that someone with restrictions can eat! We can also make substitutions or slight modifications that will make a dish allergen-free, such as using gluten-free flour instead of wheat flour to make a pie crust, or a different brand of bouillon that doesn't have corn in it. Yes, yes, I know that reduces authenticity. But authentically, people with celiac disease just died. In the Current Middle Ages, that's not a desired outcome. The purpose of feasts is food and fun, and it's just not fun without all of our friends.



I'd like to give you all a link to a recipe that I used when I was cooking for my allergic kids. I present to you: Leche Frys in Lentoun (cold lenten slices) from *Forme of Cury*, a kind of fruit pie. It's a very versatile dish that can be made to accommodate almost any allergy. Need it vegan? Use almond milk thickened with a roux. Allergic to wheat? Thicken it with cornstarch and swap the crust flour for gluten free. Use premade crust if you can't make it from scratch. Change out the fruits to whatever you have on hand. I've even done it with canned fruits. It's easy to make, travels well, tastes good, and is always a big hit.

<http://www.godecookery.com/goderec/grec60.htm>

I'd also like to challenge those cooking along with me at home to try making a medieval dish that can be eaten by someone you know who has a dietary restriction. You might even invite them over to taste test it! It's so good to see our friends outside of events. And the sharing of food goes a long way towards making people feel like they belong here in the Current Middle Ages.

YIS,
Lady Lianor da Costa

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NEWSLETTER SUBMISSIONS: All submissions to the Fortress must be received no later than 8:00pm on the 25th day of the month prior to publication of the newsletter. Publications will occur in March, June, September, and December of 2023.

Content submitted to the Fortress must be accompanied by the proper release forms.

For further information, questions, and concerns, please contact the baronial chronicler at chronicler@caerthe-sca.org **Vector Art provided by: [Vcteezy.com](https://vcteezy.com)**

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